



NAMI Anchorage
Alaska's Voice on Mental Illness

Family-to-Family Education Program

Does someone you love have a brain disorder?

- Depression
- Panic or Anxiety Disorder
- Bipolar Disorder
- Schizophrenia
- Phobias
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Eating Disorders
- Personality Disorder

Free 12-week class

Fall Schedule:

Sept – Dec 2004

Winter Schedule:

Feb – April 2005

Dates and locations to be announced

**Advanced registration
required**

**Call NAMI at 277-1300
info@nami-alaska.org**

The NAMI Family-to-Family Education Program is a free 12-week course for families of individuals with severe brain disorders. This course is taught by trained family members who have lived with this experience

Family-to-Family Course Topics Include:

*Diagnosis & dealing with critical periods

*Subtypes of depression and bipolar disorder

*Biology of the brain/new research

*Empathy workshop

*Medication review

*Problem solving workshop

*Communication skills workshop

*Learning about feelings & facts

*Self-care & relative group sessions

*Advocacy: fighting stigma